

Abstract

Title:

Evaluation of the Effectiveness of Back Schools in Vertebrogenic Syndromes of Low Back

Objectives:

To compare the effectiveness of particular back schools. The main goals were to prove the successfulness of back schools in patients with vertebrogenic algic syndrome, to find out jobs with the most promising response to back schools and to reveal possible use of back schools in children.

Methods:

The dissertation has a descriptive-analytical character and was conducted as a literature review.

Results:

The results showed the effectiveness of the back schools concept in chronic low back pain. The effect was particularly obvious after two-month duration of the programmes. The most promising results were observed in professionals whose lumbar spine is overexerted due to heavy loads lifting or due to daily routines set into ergonomically inconvenient workplace. The back school concept might be used in children as well, who can mainly take advantage of active exercises and correct ergonomics. This dissertation also sums up other physiotherapeutic concepts relating to this subject.

Key words:

Back school, low back pain, prevention